

Headteacher message

We have had a positive start to the final term of this academic year. As always the children have returned to school ready to learn and with bundles of energy. A huge thank you to year 6 parents who sent their children to the Easter Revision classes well as to our staff who ran the sessions. The children found this additional study opportunity useful ; they engaged well and also had fun.

Eid

Many of our families have been fasting during the month of Ramadan. The end of Ramadan is marked by Eid—a huge feast for friends and family. This will be taking place next week. Please ensure that you have informed your child's class teacher or the office if your child will be absent for this religious festival. Your child's absence will be authorised for one day. Eid Mubarak to you all!

Hay fever season

We are now in the grip of the hayfever season. This can be a very uncomfortable time for many children who suffer with hayfever. It is important that if you know your child suffers from hayfever that they receive the correct treatment. Children should not have any form of medication on them or in their bags to administer by themselves. All medication must be brought to the office and parents must complete a form giving permission to the school to administer. If we are made aware of severe hayfever sufferers, we will do our utmost to minimise the amount of time your child spends outside.

Polling day

A gentle reminder that the school will be closed to pupils on Thursday 5th May. Only year 6 pupils will be in school for the morning session to support their SATs preparation.



Dates for diary

Monday 2nd May

School closed Bank Holiday

Tuesday 3rd May-

Iris class Pizza Express Trip

Wednesday 4th May-

Reception trip to Miles Road Park

Thursday 5th May—

School closed Polling day

Monday 9th May- Friday 13th May—

Year 6 SATs week

Monday 16th May - Friday 27th May

KS1 SATs assessment window

Monday 30th May– Friday 3rd June

Half term

Monday 6th June

School closed Inset Day

Tuesday 7th June—

School reopens to children

Attendance Stars!



Well done to the following classes for their attendance .

Dahlia—98.3%

Protea—100%

Whole school attendance— 94%

Our whole school target is 96%

SOUNDSTEPS
Music School

All our face-to-face classes are fully COVID-secure

- Free introductory session for beginners, aged 5 and up, with classes starting this term (see over for timetable)
- Advanced classes available now for children of all ages with experience of music
- Children learn to read, write and play music from the very first lesson
- Lessons held locally after school or on Saturday, OR why not try our new ZOOM classes!
- Keyboards provided at every face-to-face lesson. Pupils need their own keyboard for ZOOM classes.
- All our teachers hold DBS enhanced certificates

KEYBOARD/PIANO LESSONS FOR CHILDREN

FOR MORE INFORMATION:

admin.sln@soundstepsmusic.co.uk
020 8648 5534
07957 731 945
www.soundstepsmusic.co.uk

Come and join us, and make music!

This week we had the pleasure of welcoming Matthew from Soundsteps to our school.

In a special assembly, he introduced the children to playing the keyboard. The children were wowed by his playing of well known songs using a range of accompanying beats and sound effects on the keyboard. If your child is interested in playing the keyboard, Soundsteps will be holding introductory keyboard sessions—please see the dates.

SOUNDSTEPS
Music School

PLEASE CALL 07957 731945
OR EMAIL admin.sln@soundstepsmusic.co.uk
IF YOU WOULD LIKE YOUR CHILD TO ATTEND A FREE TASTER SESSION

Our free taster sessions this term are:

Centre	Beginner Classes (Date confirmed for first taster session when first open)	Time
Cheam Methodist Church Church Hill Road Cheam SM3 8LJ	Monday Monday	4.30 pm 5.30 pm
Christchurch Methodist Church 114 Lower Addiscombe Road Croydon CR0 6AD	Friday Saturday	4.15 pm 12.30 pm
Mitcham Parish Church Church Road Mitcham CR8 3RU	Friday Friday	4.00 pm 5.00 pm
Peckham Park Road Baptist Church 121 Peckham Park Road Peckham SE15 6SX	Thursday Saturday	4.15 pm 1.45 pm
St Peter's Church Piddler Lane Boxley Heath DA7 4RT	Monday Saturday	4.15 pm 9.45 am
Trinity Methodist Church 245 Burrage Road Plumstead SE18 7JW	Monday Friday Saturday	5.15 pm 4.45 pm 1.15 pm
Zoom Online Classes	Tuesday	6.30pm

Bookings for taster sessions are strictly taken on a first-come-first-served basis.

**Tired of packed lunches? Why not try a school meal—
they're delicious and good for you**

WHY CHOOSE A CATERLINK SCHOOL MEAL?

95% of our meals are made **FRESH** on site daily

Our meals are **NUTRITIOUS & BALANCED** and include a portion of protein, a portion of carbohydrates and two portions of vegetables

We offer a **SALAD BAR & FRESHLY BAKED BREAD** for children to help themselves to

Our **DESSERTS** not only contain important nutrients such as calcium and zinc but are also in line with guidance on sugars. Fresh fruit and yoghurt are also offered daily

All of our menus are compliant to the **SILVER STANDARD** as a minimum

QUALITY INGREDIENTS such as MSC fish, red tractor meat and RSPCA assured free range eggs

Our nutrition team ensure all menus meet the **SCHOOL FOOD STANDARDS** for dishes and portion sizes

We have increased our range of **SUSTAINABLE OPTIONS** including our Added Plant Power dishes, our vegan dishes and through encouraging meat free days on menus

All of our **PORTION SIZES** are compliant, ensuring that we are not offering children too much or too little food for their **ENERGY** requirements.

caterlink
feeding the imagination

FREQUENTLY ASKED QUESTIONS

What are the School Food Standards?

The School Food Standards were developed by government and are a set of food-based standards to ensure menus are nutritious, balanced and healthy. Examples include offering wholemeal starchy foods, having oily fish on the menu, and limiting pastry. Find out more: www.schoolfoodplan.com

How much sugar are in your desserts?

In line with recommendations to reduce free sugars (free sugars are added sugars – those not naturally found in fruit or milk) and the Children's Food Trust guidance, Caterlink have reduced the sugar content of all desserts to under 6.5g of free sugars per portion. Across our menus the average sugar content per day is 4.5g of free sugars, so you can be sure your child is getting healthy desserts.

Is my child getting enough food?

All recipes are created in line with the School Food Standards recommended portion sizes and are checked by a nutritionist. As well as the main meal, vegetables and dessert, we also offer bread and salad daily for the children to take.

What is MSC fish?

By choosing fish with a Marine Stewardship Council blue label, we can ensure that we are supporting sustainable fisheries and protecting the ocean. All fish on our menu is MSC certified.

What is red tractor meat?

Red tractor ensures that we can trust that all of the meat that we buy and know that it has to meet strict standards such as animal welfare, traceability, food safety and environmental protection. We have a British First Policy and all of our meat products are traceable from farm to fork.

How much salt is in your food?

We work with suppliers to ensure products are in line with the Government Salt Targets. We also don't add salt to our recipes as per the School Food Standards.

What is the Food for Life Served Here award?

Food for Life Served Here is a set of criteria ensuring that food served is healthy, local, seasonal and fresh. We operate all of our schools on their silver standards as a minimum. We were the first education caterer to be awarded the Food For Life award. Find out more: www.foodforlife.org.uk

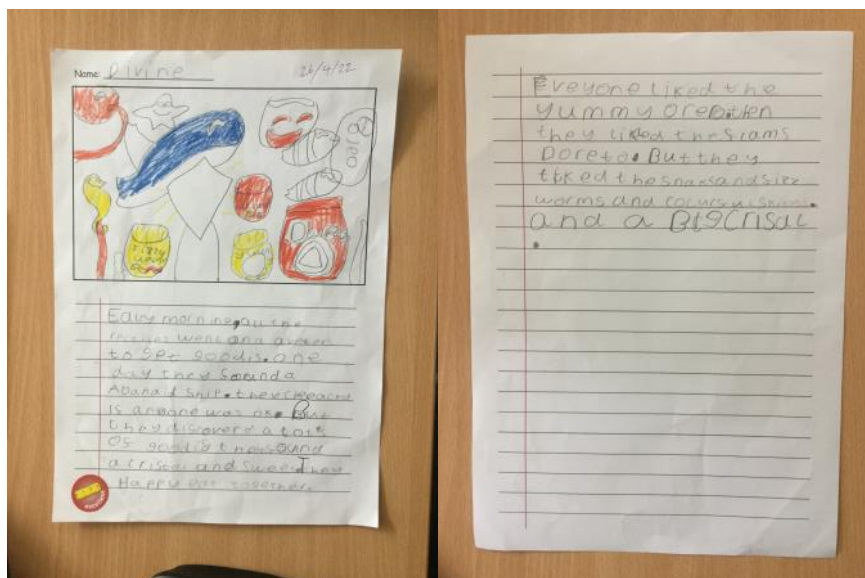
What are Added Plant Power dishes?

Added plant power dishes are recipes where the protein comes from a mixture of meat and plant-based proteins such as beans, chickpeas, or lentils, such as a chilli con carne with kidney beans in. This makes the dishes more environmentally friendly (a 50% reduction in greenhouse gases), whilst reducing saturated fat content and increasing fibre.

caterlink
feeding the imagination

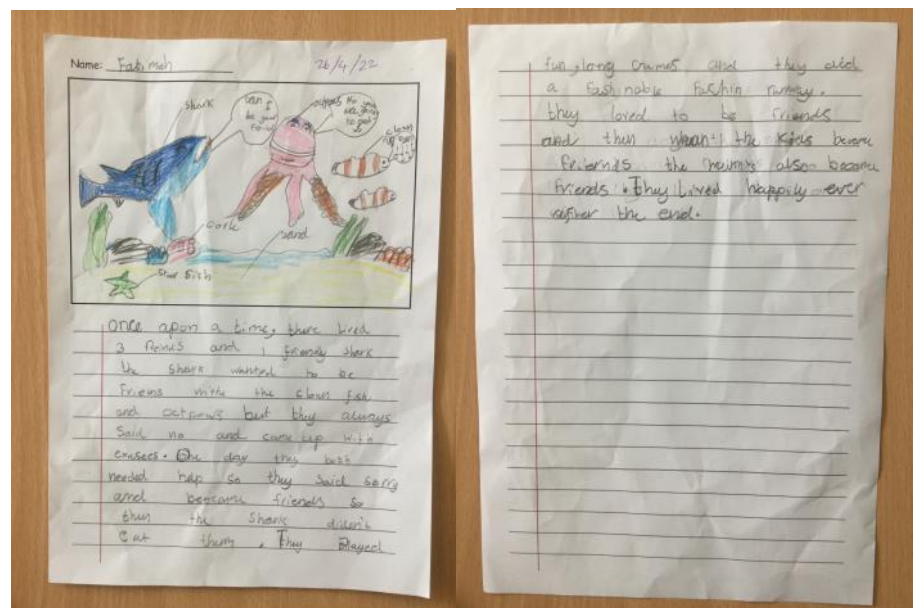
Key Stage one

This week Poppy class have been using their imagination to write creative stories that take place under the sea .



Well done
Divine!

This is a lovely story
Fatimah!



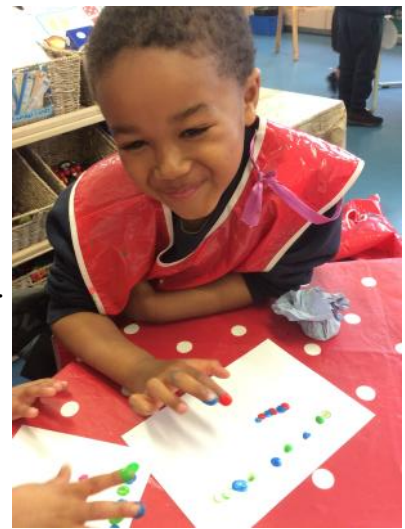
EYFS

In Butterflies we have been learning all about repeating patterns!



We have been making lots of different repeating patterns both inside and outside the classroom.

We created fingerprint caterpillars and shared our patterns with our partners.



Then, we had a challenge and split into groups to create patterns outside. The winning group had to make the longest pattern using the building blocks.

Well done Butterflies!

